



## Mid County Community Recreation Center 55+ Active Adult Programs

The Mid County Active Adult 55+ program offers an opportunity to meet new friends and enjoy recreational, educational, and cultural activities. New faces are always welcome. Join us on Tuesdays and Thursdays for lunch, exercise classes, and much more!



### September-October 2018 Program Highlights

September is **Fall Prevention Month** (Sept. 20th a Mini Falls Presentation talk during lunch time in the Social Hall)

September 22th Health Fair

October 4th– Flu Shots at 10:00 am Free Clinic from Safeway!

October 10th– “Walk Maryland Day”

October 25th– Birthday celebration for the month of September and October

**We will be having a mini-trip in October. More information to come!**

### Regular Weekly Activities

#### MONDAYS

- 11AM SENIOR FIT
- 12:30P MAH JONG

#### TUESDAYS

- 10AM SOUL LINE DANCING
- 11AM TAI CHI
- 11AM RUMMIKUB
- 12N LUNCH
- 1PM BONE BUILDERS
- 2 PM BONE BUILDERS

#### WEDNESDAYS

- 11AM SENIOR FIT
- 1PM SENIOR STRENGTH

#### THURSDAYS

- 10:30 AM ZUMBA GOLD
- 11:30AM BRIDGE
- 12N LUNCH

- 1PM BONE BUILDERS
- 2 PM BONE BUILDERS

#### FRIDAYS

- 11AM SENIOR FIT
- 12N-2PM SENIOR VOLLEY-BALL (HALF GYM)

**ACTIVE AGING WEEK  
SEPT. 24-28**

**SOUL LINE DANCING TUE. AT  
10:00 AM**



For more information about programs and activities, inquire at the front desk



**Mid County Community Center Will be Closed for our  
Annual Maintenance & Cleaning from August 24 to  
September 09, re-opening on September 10th**



### Senior Program Coordinator:

Sonia Cartagena

### Senior Program Hours:

Tuesdays & Thursdays

10:00 AM —2 PM

### Center Director:

Derrick Perry

### Nutrition Director:

Roe Johnson

### Address:

2004 Queensguard Rd  
Silver Spring, MD

### Phone:

240-777-6820  
Hablamos Español

### Center Hours:

Monday-Thursday  
9 AM– 9 PM

Friday-Saturday  
9 AM – 7 PM

Sunday—CLOSED

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)